



NCAA Eligibility and Recruiting Roadmap

Grade 9/Freshman Year

- **Earn the best grades possible:** It may be surprising to hear, but your freshman year grades count just as much as your senior year grades when calculating your GPA.
- **Challenge Yourself Academically:** Your willingness and ability to successfully tackle ambitious courses will pay off with the college admissions process.
- **Register with the NCAA Eligibility Center:** <https://web3.ncaa.org/ecwr3/>
- **Create an account on College Board:** <https://www.collegeboard.org/>
- **Attend High Level Camps:** Ask your coaches what camps to attend.
- **Be Conscious** of your on and off field image, including your online image. Clean up your social media outlets.

Grade 10/Sophomore Year

- **Choose courses with 16 Cores** in mind and achieve to your academic potential.
- **Develop Potential Target List** of ~10-12 Schools (Meet with HS Coaches to discuss).
 - Dream, Fit, Safety; Academic fit, alignment with lacrosse level
- **Watch College Games** to realistically assess what level you should play at. (Take advantage of YouTube to watch college lacrosse).
- **Start to understand the difference** between a Duke and a Canisius; a Harvard and a Lafayette. Not only lacrosse-wise but academically and admissions standard-wise.

Grade 11/Junior Year...assess, identify, and plan

- **How** has your list of schools evolved or changed?
- **Meet with Guidance Counsellor and Coach** to review your personal recruiting timeline.
- **Plan for and schedule an SAT/ACT.** May be needed depending on schools of interest.
- **Create an account on Common App:** <https://apply.commonapp.org/createaccount>
- **Provide Interested Coaches with organized, brief updates** (academic and athletic) and applicable schedules of your playing opportunities—be persistent.

Prior to and during Grade 12/Senior Year

- **Consider upgrading any courses**—Math, English, or Science.
 - 10 of your 16 core courses get locked in when you start your Fall senior semester.
- **Sign Up to Take SAT/ACT AGAIN in the FALL** if required by schools of interest.
- **If you are uncommitted:** Meet and speak regularly with coaches to develop a game plan for the summer. Share all information with your parents.
- **Create an account on OUAC if you plan to apply for Canadian Universities:** <https://www.ouac.on.ca/>

